WHAT IS CLAIMED IS:

- A sheet of a copper alloy having a high-mechanical strength, the copper alloy comprising 3.5 to
 4.5% by mass of Ni, 0.7 to 1.0% by mass of Si, 0.01 to
 0.20% by mass of Mg, 0.05 to 1.5% by mass of Sn, 0.2 to
 1.5% by mass of Zn, and less than 0.005% by mass
 (including 0% by mass) of S, with the balance being made of Cu and inevitable impurities,
- wherein the alloy has a tensile strength of 800 $$\rm N/mm^2$ or more, and

wherein the alloy has a stress relaxation ratio of 10% or less.

- 2. A sheet according to claim 1, wherein the copper alloy includes a crystal grain having a diameter from more than 0.001 mm to 0.025 mm.
- 3. A sheet according to claim 2, wherein the
 20 copper alloy has a ratio (a/b), between a longer diameter
 a of a crystal grain on a cross section parallel to a
 direction of final plastic working, and a longer diameter
 b of a crystal grain on a cross section perpendicular to
 the direction of final plastic working, of 1.5 or less,

- 4. A sheet according to claim 3, wherein the ratio (a/b) is 0.8 or more.
- 5. A sheet according to claim 1, the copper alloy further comprising S at a content of less than 0.002% by mass.
- 6. A sheet according to claim 1, the copper alloy further comprising at least one selected from the group consisting of B, Fe, Zr, P, Mn, Ti, V, Pb, Bi and Al, at a total content of 0.01 to 0.5% by mass.
- 7. A sheet according to claim 1, the copper alloy further comprising at least one selected from the group
 15 consisting of Ag, Co and Cr, at a total amount of 0.005 to 2.0% by mass.
- 8. A sheet according to claim 1, the copper alloy further comprising Ag at an amount of 0.005 to 0.3% by 20 mass.
 - 9. A sheet according to claim 1, the copper alloy further comprising Co at an amount of 0.005 to 2.0% by mass.

- 10. A sheet according to claim 1, the copper alloy further comprising Cr, at an amount of 0.005 to 0.2% by mass.
- 5 11. A sheet according to claim 1, wherein the copper alloy is overaged.
 - 12. A sheet according to claim 1, wherein the copper alloy, when the alloy is
- subjected to an aging treatment, shows a maximum peak of the tensile strength at a peak temperature of 350 to 600°C; and

wherein the alloy is overaged at a temperature between the peak temperature and 50°C above the peak temperature.

13. A sheet of a copper alloy having a highmechanical strength, the copper alloy comprising 3.0 to
4.5% by mass of Ni, 0.65 to 1.0% by mass of Si, 0.01 to
20 0.20% by mass of Mg, 0.05 to 1.5% by mass of Sn, 0.2 to
1.5% by mass of Zn, and less than 0.005% by mass
(including 0% by mass) of S, with the balance being made
of Cu and inevitable impurities,

wherein the alloy has a tensile strength of 800 $\,$ 25 $\,$ N/mm 2 or more, and

wherein the alloy has a stress relaxation ratio of 10% or less.

- 14. A sheet according to claim 13, wherein the 5 copper alloy includes a crystal grain having a diameter from more than 0.001 mm to 0.025 mm.
- 15. A sheet according to claim 13, wherein the copper alloy has a ratio (a/b), between a longer diameter a of a crystal grain on a cross section parallel to a direction of final plastic working, and a longer diameter b of a crystal grain on a cross section perpendicular to the direction of final plastic working, of 1.5 or less,
- 16. A sheet according to claim 13, wherein the ratio (a/b) is 0.8 or more.
- 17. A sheet according to claim 13, the copper alloy further comprising S at a content of less than 0.002% by mass.

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18. A sheet according to claim 13, the copper alloy further comprising at least one selected from the group consisting of B, Fe, Zr, P, Mn, Ti, V, Pb, Bi and Al, at a total content of 0.01 to 0.5% by mass.

- 19. A sheet according to claim 13, the copper alloy further comprising at least one selected from the group consisting of Ag, Co and Cr, at a total amount of 0.005 to 2.0% by mass.
- 20. A sheet according to claim 13, the copper alloy further comprising Ag at an amount of 0.005 to 0.3% by mass.

- 21. A sheet according to claim 13, the copper alloy further comprising Co at an amount of 0.005 to 2.0% by mass.
- 22. A sheet according to claim 13, the copper alloy further comprising Cr, at an amount of 0.005 to 0.2% by mass.
- 23. A sheet according to claim 13, wherein the 20 copper alloy is overaged.
- 24. A sheet according to claim 1, wherein the copper alloy, when the alloy is subjected to an aging treatment, shows a maximum peak of 25 the tensile strength at a peak temperature of 350 to

600°C; and

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600°C; and

wherein the alloy is overaged at a between the peak temperature and 50°C above the peak temperature.

5 25. A sheet of a copper alloy having a highmechanical strength, the copper alloy comprising 3.0 to
4.5% by mass of Ni, 0.65 to 1.0% by mass of Si, 0.01 to
0.20% by mass of Mg, 0.05 to 1.5% by mass of Sn, 0.2 to
1.5% by mass of Zn, and less than 0.005% by mass
10 (including 0% by mass) of S, with the balance being made
of Cu and inevitable impurities,

wherein the copper alloy, when the alloy is subjected to an aging treatment, shows a maximum peak of the tensile strength at a peak temperature of 350 to

wherein the alloy is overaged at a between the peak temperature and 50°C above the peak temperature.

- 26. A sheet according to claim 25, wherein the copper alloy includes a crystal grain having a diameter from more than 0.001 mm to 0.025 mm.
- 27. A sheet according to claim 25, wherein the copper alloy has a ratio (a/b), between a longer diameter 25 a of a crystal grain on a cross section parallel to a

direction of final plastic working, and a longer diameter b of a crystal grain on a cross section perpendicular to the direction of final plastic working, of 1.5 or less,

- 5 28. A sheet according to claim 25, wherein the ratio (a/b) is 0.8 or more.
- 29. A sheet according to claim 25, the copper alloy further comprising S at a content of less than 0.002% by mass.
- 30. A sheet according to claim 25, the copper alloy further comprising at least one selected from the group consisting of B, Fe, Zr, P, Mn, Ti, V, Pb, Bi and Al, at a total content of 0.01 to 0.5% by mass.
- 31. A sheet according to claim 25, the copper alloy further comprising at least one selected from the group consisting of Ag, Co and Cr, at a total amount of 0.005 to 2.0% by mass.
 - 32. A sheet according to claim 25, the copper alloy further comprising Ag at an amount of 0.005 to 0.3% by mass.

- 33. A sheet according to claim 25, the copper alloy further comprising Co at an amount of 0.005 to 2.0% by mass.
- 34. A sheet according to claim 25, the copper alloy further comprising Cr, at an amount of 0.005 to 0.2% by mass.
- 35. A sheet according to claim 25, wherein the 10 alloy has a stress relaxation ratio of 10% or less.
 - 36. A sheet according to claim 25, wherein the alloy has a tensile strength of 800 N/mm^2 or more.
- 37. A sheet of a copper alloy having a high-mechanical strength, the copper alloy comprising 1.0 to 4.5% by mass of Ni, 0.2 to 1.0% by mass of Si, 0.01 to 0.20% by mass of Mg, 0.05 to 1.5% by mass of Sn, 0.2 to 1.5% by mass of Zn, and less than 0.005% by mass
- 20 (including 0% by mass) of S, with the balance being made of Cu and inevitable impurities,

wherein the copper alloy, when the alloy is subjected to an aging treatment, shows a maximum peak of the tensile strength at a peak temperature of 350 to

25 600°C; and

wherein the alloy is overaged at a between the peak temperature and $50\,^{\circ}\text{C}$ above the peak temperature.

- 38. A sheet according to claim 37, wherein the copper alloy includes a crystal grain having a diameter from more than 0.001 mm to 0.025 mm.
- 39. A sheet according to claim 37, wherein the copper alloy has a ratio (a/b), between a longer diameter a of a crystal grain on a cross section parallel to a direction of final plastic working, and a longer diameter b of a crystal grain on a cross section perpendicular to the direction of final plastic working, of 1.5 or less,
- 15 40. A sheet according to claim 37, wherein the ratio (a/b) is 0.8 or more.
- 41. A sheet according to claim 37, the copper alloy further comprising S at a content of less than 0.002% by mass.

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42. A sheet according to claim 37, the copper alloy further comprising at least one selected from the group consisting of B, Fe, Zr, P, Mn, Ti, V, Pb, Bi and Al, at a total content of 0.01 to 0.5% by mass.

- 43. A sheet according to claim 37, the copper alloy further comprising at least one selected from the group consisting of Ag, Co and Cr, at a total amount of 0.005 to 2.0% by mass.
- 44. A sheet according to claim 37, the copper alloy further comprising Ag at an amount of 0.005 to 0.3% by mass.

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- 45. A sheet according to claim 37, the copper alloy further comprising Co at an amount of 0.005 to 2.0% by mass.
- 46. A sheet according to claim 37, the copper alloy further comprising Cr, at an amount of 0.005 to 0.2% by mass.
- 47. A sheet according to claim 37, wherein the 20 alloy has a stress relaxation ratio of 10% or less.
 - 48. A sheet according to claim 37, wherein the alloy has a tensile strength of 800 $\mathrm{N/mm}^2$ or more.